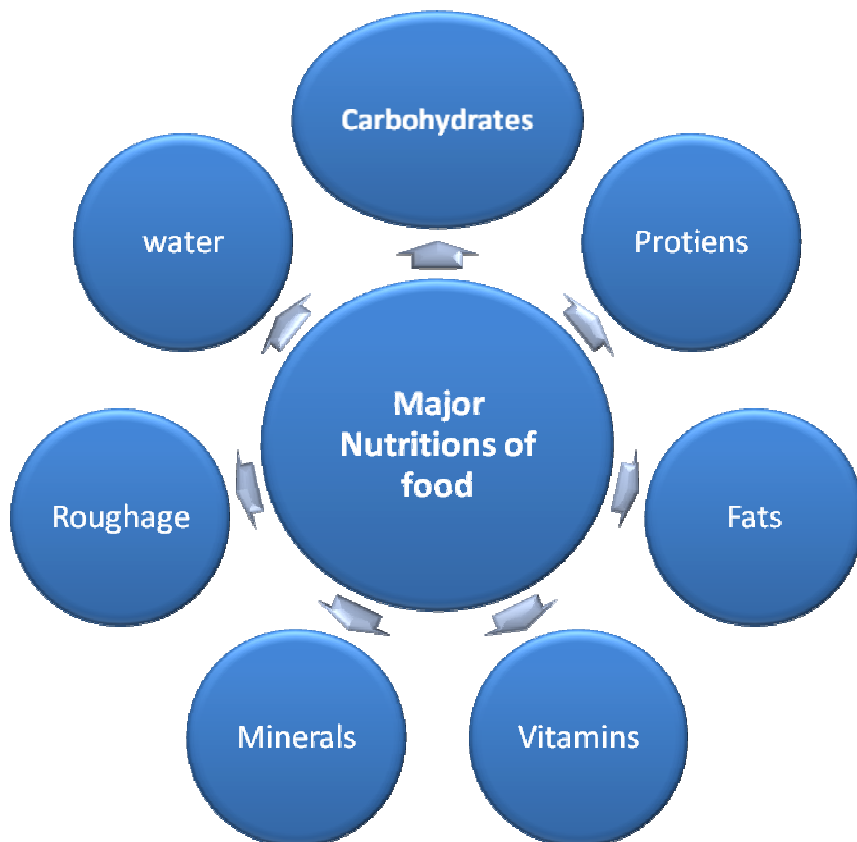


### Exercise NCERT Solution

#### 1. Name the major nutrients in our food.

Answer: The major nutrients in our food are carbohydrates, proteins, fats, vitamins and minerals. In addition, food also contains dietary fibres (roughage) and water.



#### 2. Name the following:

- (a) The nutrients which mainly give energy to our body.
- (b) The nutrients that are needed for the growth and maintenance of our body.
- (c) A vitamin required for maintaining good eyesight.
- (d) A mineral that is required for keeping our bones healthy.

Answer.

(a) The nutrients which mainly give energy to our body. **Carbohydrates and fats**

(b) The nutrients that are needed for the growth and maintenance of our body.  
**Proteins**

(c) A vitamin required for maintaining good eyesight. **Vitamin A**

(d) A mineral that is required for keeping our bones healthy. **Calcium**

**3. Name two foods each rich in:**

(a) **Fats**

(b) **Starch**

(c) **Dietary fibre**

(d) **Protein**

**Answer.**

(a) Fats-butter, ghee, milk, ground nut,

(b) Starch-sugar, potatoes, rice, sugarcane

(c) Dietary fibre- vegetables,

(d) Protein- whole pulses, milk, cheese, beans, meat

**4. Tick (✓) the statements that are correct.**

(a) By eating rice alone, we can fulfill nutritional requirement of our body. ( )

(b) Deficiency diseases can be prevented by eating a balanced diet. ( )

(c) Balanced diet for the body should contain a variety of food items. ( )

(d) Meat alone is sufficient to provide all nutrients to the body. ( )

**Answer .**

(a) By eating rice alone, we can fulfill nutritional requirement of our body. (✗)

(b) Deficiency diseases can be prevented by eating a balanced diet. (✓)

(c) Balanced diet for the body should contain a variety of food items. (✓)

(d) Meat alone is sufficient to provide all nutrients to the body.

(×)

**5. Fill in the blanks.**

(a) \_\_\_\_\_ is caused by deficiency of Vitamin D.

(b) Deficiency of \_\_\_\_\_ causes a disease known as beri-beri.

(c) Deficiency of Vitamin C causes a disease known as \_\_\_\_\_.

(d) Night blindness is caused due to deficiency of \_\_\_\_\_ in our food.

Answer.

(a) **Rickets** is caused by deficiency of Vitamin D.

(b) Deficiency of **vitamins B1** causes a disease known as beri-beri.

(c) Deficiency of Vitamin C causes a disease known as **Scurvy**.

(d) Night blindness is caused due to deficiency of **vitamins A** in our food.

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